

COChickenCBRevised20

Number of Servings: 20 (207.21 g per serving)

Amount	Measure	Ingredient
20.00	ea	Chicken, broiler/fryer, breast, w/o skin, rstd
6.00	oz	Butter, unsalted
6 1/2	Tbs	Mustard, dijon
6 1/2	Tbs	Cornstarch
1 1/4	lb	Cheese, provolone, slice
6 1/2	cup	Water, tap, municipal

Nutrients per serving

Nutrition Facts			
Serving Size (207g)			
Servings Per Container			
Amount Per Serving			
Calories 320		Calories from Fat 160	
		% Daily Value*	
Total Fat 18g		28%	
Saturated Fat 10g		50%	
Trans Fat 0g			
Cholesterol 110mg		37%	
Sodium 430mg		18%	
Total Carbohydrate 4g		1%	
Dietary Fiber 0g		0%	
Sugars 0g			
Protein 34g			
Vitamin A 10%		Vitamin C 0%	
Calcium 25%		Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

1# or 16 oz butter = 2 cups (each 2 T butter = 1 oz)

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Cooking :

- Cook to an internal temperature of 165 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Put layer of chicken breasts in steamtable pan(s). Bake chicken at 300 degrees F (convection) (or 350 degree F 1 hour in regular oven) for 30-45 minutes and until internal temperature of 170 degrees F is reached. Take chicken out of oven and pour off any juice.

Use juice as part of measure for water and add juice/water to butter, Dijon mustard, and thicken with cornstarch by stirring and bringing to a boil for 2 minutes. Pour over cooked chicken breasts. Place cheese over top of the chicken breasts and cover. Return to oven or place in steamtable for 5 minutes to let cheese melt before serving.